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**AMENDMENTS TO THE CLAIMS**

This listing of claims will replace all prior versions and listing of the claims in the application:

**LISTING OF CLAIMS****RECEIVED**

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Claims 1 - 52 (CANCELED)

53. (CURRENTLY AMENDED) An exercising device comprised of a unit comprised of:

a handle, an elongated first element attached to said handle, and said elongated first element has at least a first loop; said first loop formed by a first loop forming device; said first loop is entirely outside of said handle;

a first segment of said elongated first element that is not part of said first loop, is between said handle and said first loop;

an elongated second element attached directly to said first loop forming device;

said elongated second element attached to said first loop by said first loop forming device and a second loop forming device;

said first loop forming device and said second loop forming device located at about opposite sides of said first loop.

54. (PREVIOUSLY PRESENTED) The exercise device of claim 53 wherein the distance between said first loop forming device and said handle is less than about 2.5 inches; and

the distance from the bottom of the handle and the furthestmost point of said first elongated element is between 10 and 24 inches.

Claim 55 (CANCELED)

56. (CURRENTLY AMENDED) The exercise device of claim 53 which further includes ~~said elongated second element attached to said first loop by said first loop forming device and a second loop forming device;~~

said first and said second loop forming devices are knots[;]

~~said first loop forming device and said second loop forming device are located at about opposite sides of said first loop.~~

57. (CURRENTLY AMENDED) The exercise device of claim 53 which further includes ~~said elongated second element attached to said first loop by said first loop forming device and a second loop forming device;~~

said first loop forming device is a knot; said second loop forming device is a knot;

~~said first loop forming device and said second loop forming device located at about opposite sides of said first loop;~~

the distance between said first loop forming device and said handle is less than about 2.5 inches; and

the distance from the bottom of the handle and the furthestmost point of said first elongated element is between 10 and 24 inches.

58. (PREVIOUSLY PRESENTED) The exercise device of claim 53 wherein said first loop and said elongated second element at least partially covered by a tubular element; said tubular element maintains a spread-open "U" shape at the end of said first loop.

59. (PREVIOUSLY PRESENTED) The exercise device of claim 53 wherein said elongated first element is comprised of two or more cords.

60. (PREVIOUSLY PRESENTED) An exercising device that is held and rotated in use comprised a unit;

said unit comprised of: a handle, a first chord attached to said handle, said first chord has a first end and a second end; only said first end of said first chord is attached to said handle; a first loop formed by attaching a first section of said first chord to a second section

of said first chord using a first loop forming device; said first loop forming device is a first knot;  
said first loop entirely outside of said handle;

a elongated second element attached to said first loop by said first knot and a second knot.

61. (PREVIOUSLY PRESENTED) The exercise device of claim 60 wherein said elongated second element is attached to said first loop by said first knot and a second knot; said first knot is a bowline knot;

said elongated second element is a section of said first elongated element;

said first knot and said second knot located at about opposite sides of said first loop.

62. (PREVIOUSLY PRESENTED) The exercise device of claim 60 wherein said first loop and said elongated second element are at least partially covered by a tubular element; said tubular element maintains a spread-open "U" shape at the end of said first loop.

63. (PREVIOUSLY PRESENTED) The exercise device of claim 60 wherein the distance between said first loop forming device and said handle is less than about 2.5 inches; and

the distance from the bottom of the handle and the furthestmost point of said first elongated element is between 10 and 24 inches.

64. (PREVIOUSLY PRESENTED) An exercising device comprised of a unit; said unit comprised of:

a handle and an elongated element attached to said handle;

said elongated element comprised sequentially of a first end, a first segment, a first attachment point, a second segment, a second attachment point, a third segment, and a second end;

a first attachment device attaching said first attachment point and said second attachment point to form a loop comprised of said second segment;

a second attachment device attaching (a) an end point on said third segment proximate said second end and (b) a point on said second segment.

65. (PREVIOUSLY PRESENTED) The exercising device of claim 64 wherein said handle is attached to said elongated element proximate said first end.

66. (PREVIOUSLY PRESENTED) The exercising device of claim 64 wherein said handle is attached to said elongated element by a third attachment device.

67. (PREVIOUSLY PRESENTED) The exercising device of claim 64 wherein said first attachment device further attaches said elongated element to said handle.

68. (PREVIOUSLY PRESENTED) An exercising device that is held and rotated in use comprised of a unit;

said unit comprised of: a handle and an elongated first element, said elongated first element has a first end and a second end;

said handle attached to said elongated first element proximate said first end; a first loop formed by attaching a first section of said elongated first element to a second section of said elongated first element using a first attachment device;

a segment of said elongated first element with a first segment-end attached to said first loop by said first attachment device; and

a second segment-end equal to said second end that is attached proximate said segment second-end to said first loop by a second attachment device.

69. (PREVIOUSLY PRESENTED) The exercising device of claim 68 wherein said segment is a elongated second element.

70. (PREVIOUSLY PRESENTED) The exercising device of claim 68 wherein said first attachment device further attaches said elongated first element to said handle.

71. (PREVIOUSLY PRESENTED) An exercising device that is held and rotated in use comprised of a unit;

said unit comprised of: a handle and an elongated first element,

said elongated first element comprised sequentially of a first end, a first section, a second section and a second end;

said handle attached to said elongated first element proximate said first end; a first loop formed by attaching said first section of said elongated first element to said second section of said elongated first element using a first attachment device;

a segment of said elongated first element with a first segment-end at said second section and a second segment-end at said second end; said segment attached proximate said second segment-end to said loop by a second attachment device.

72. (PREVIOUSLY PRESENTED) The exercising device of claim 71 wherein said segment is an elongated second element.

73. (PREVIOUSLY PRESENTED): The exercising device of claim 71 wherein said first attachment device further attaches said elongated first element to said handle.

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